Bennington (Hillsborough)

TUFTS
Health Plan
FOUNDATION

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
POPULATION CHARACTERISTICS					
Age-sex adjusted 1-year mortality rate		3.0%	[1.54% - 4.47%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		78.4%	[72.00% - 84.76%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	[20.83% - 34.59%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		67.0%	[59.63% - 74.39%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		22.4%	[16.22% - 28.56%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		63.9%	[56.31% - 71.42%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		10.7%	[6.68% - 14.72%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.2%	[2.50% - 3.86%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		13.9%	[9.11% - 18.62%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		10.6%	[5.81% - 15.37%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		84.3%	[78.65% - 89.91%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		39.4%	[30.09% - 48.66%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		55.8%	[48.03% - 63.53%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		73.5%	[64.28% - 82.80%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.6%	[93.13% - 98.13%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years	W	67.9%	[58.48% - 77.24%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		73.9%	[66.86% - 80.86%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		11.8%	[7.22% - 16.33%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		8.1%	[3.69% - 12.52%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		32.7%	[24.82% - 40.49%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		74.5%	[67.87% - 81.05%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	[13.65% - 24.92%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		24.9%	[18.25% - 31.59%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		17.6%	[14.15% - 21.05%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	B	64.8%	[60.49% - 69.06%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		5.3%	[2.07% - 8.58%]	9.2%	[8.45% - 9.94%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		5.0%	[1.57% - 8.36%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		27.0%	[23.14% - 30.89%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	16.7%	[13.23% - 20.10%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	1.6%	[1.00% - 2.16%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.4%	[0.85% - 2.02%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	[1.83% - 3.08%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.7%	[0.32% - 1.12%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	[3.94% - 8.43%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		12.8%	[9.78% - 15.86%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	9.4%	[6.90% - 11.86%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	23.8%	[19.88% - 27.64%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		8.4%	[6.06% - 10.68%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		22.0%	[18.45% - 25.54%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	B	10.1%	[7.54% - 12.71%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		66.7%	[62.50% - 70.99%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.0%	[2.43% - 5.60%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		32.1%	[27.84% - 36.35%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		14.8%	[11.74% - 17.86%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.6%	[10.65% - 16.47%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	11.0%	[8.32% - 13.72%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	40.0%	[35.51% - 44.44%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		14.6%	[11.62% - 17.55%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.9%	[1.28% - 2.49%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer	B	1.1%	[0.65% - 1.47%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer	B	1.8%	[1.28% - 2.34%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.0%	[4.90% - 11.11%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.6%	[0.87% - 2.30%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		8.1%	[4.87% - 11.42%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	27.6%	[22.17% - 33.11%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.04%	[0.02% - 0.07%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism	B	15.3%	[12.24% - 18.38%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		34.9%	[30.76% - 38.96%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	15.0%	[11.89% - 18.10%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.1%	[3.94% - 8.17%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	[11.44% - 17.75%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache	B	3.0%	[2.31% - 3.78%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	B	1.1%	[0.68% - 1.57%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury	B	0.6%	[0.28% - 0.95%]	1.1%	[1.06% - 1.16%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
% 65+ with autism spectrum disorders			N/A	0.03%	[0.02% - 0.04%]
% 65+ with glaucoma		25.8%	[22.07% - 29.54%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		59.6%	[55.22% - 64.04%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.9%	[4.72% - 9.04%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	49.5%	[45.07% - 53.88%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	B	14.2%	[10.90% - 17.48%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	[9.85% - 15.94%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.32% - 0.98%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.5%	[1.87% - 3.15%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	4.7%	[3.09% - 6.33%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		6.1%	[4.25% - 7.91%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.7%	[92.91% - 98.41%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		5.1%	[1.42% - 8.82%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	4.3	[3.9 - 4.7]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		529	[423 - 636]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	43.0	[39.0 - 46.9]	49.1	[48.9 - 49.3]
Home health visits per year		2.1	[1.2 - 3.1]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.6	[1.2 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		217	[165 - 270]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)	*	9.8%	[4.37% - 15.27%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		71	[35 - 106]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	1.8%	[0.80% - 2.85%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		81.8%	[76.00% - 87.54%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		78.8%	[72.95% - 84.59%]	77.1%	[76.02% - 78.18%]

Notes. [1] Community-state differences where the margin of error do not overlap each other are noted B, W, or *.

[2] All community and state margins of error are 95% confidence intervals.

[3] The margin of erroe of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last montth, and did not see doctor when needed due to cost.

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